

Personal SWOT Analysis – Oneself / Myself

7 pages | 1613 words

To be successful in today's competitive world it's absolutely essential for one to be able to identify the strengths and weaknesses of oneself, as well as the opportunities and threats that are presented. By having awareness of these four aspects, it's possible to use them for one's advantage. If a person can identify and understand their strengths and opportunities they will know where to tread with confidence and security. However, if one can realize the weaknesses and threats posed to them, it's possible to focus on those areas so to improve upon weaknesses and overcome obstacles posed by threats.

Strengths

My personal strengths generally involve my ability to be innovative and creative, as well as keeping an open mind. These three parts enable me to be much more efficient and effective in my ways compared to those of my peers as well as others in my general environment. Being open to new ideas is an extremely good way to be adaptive to new situations. Adaptation is an essential ability in a world that is constantly changing and forming. Innovation and creativity are tools that can help me in advancing within my career. My innovation in particular allows me to stand out in my environment because it is a knowledge-intensive quality, which exemplifies my education and abilities (Kinicki & Williams, 2009). Creativity and Innovation both allow me to advance ahead of my competition and have an upper hand in my field. Having good, quality resources can be a very helpful key to success. My personal resources don't run particularly high in quantity, but I believe high quality resources are more important. My number one most important and main personal resource that I have is my education and experience. Resources are capital in a competitive field. The more, better resources you have, the better the chance you have of being successful and outdriving your competition, but resources often have competition surrounding them as well (Kinicki & Williams, 2009). Education is an example of a competitive resource, knowledge is essential for success. My ability to advance and apply my education and knowledge in the field is a key to my personal success. I believe that others view my strengths as my social skills and my ability to adapt to situations. I agree that I do have strength in my adaptability skills, however not the social part. I think of my social skills as more of a weakness, but I try to improvise by outgoing and positive, so that it may be seen as a strength of mine. My strengths are the key to my success and achievements.

Weaknesses

Weaknesses are inevitable when it dealing in a competitive environment. Weaknesses in an organization can be defined as "the drawbacks that hinder an organization in executing strategies in pursuit of its mission" (Kinicki & Williams, 2009 p.180). This definition stays true when dealing with individuals. Whatever can hold back someone from being competitive with others can be a weakness. Weaknesses are also any positive skills that your competitors may have but you don't which helps them but may not necessarily harm you. My weaknesses are...

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SJ Ball



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mr olympia champion bodybuilder shawn rhoden dies aged 46 - Feb 13 2023

nov 6 2021 rhoden who was crowned mr olympia in 2018 at the age of 43 making him the oldest bodybuilder to ever win the title remained committed to bodybuilding until his death while an official

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fri 2021 10 15 19 30 throughout this past year we ve shared the news far too often of great names in the bodybuilding community that has passed away anytime we hear of another fitness icon that has passed it seems to tear away a piece of us that just can t be replaced

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her career started in bodybuilding where she became the first kiwi woman to have taken part in the figure olympia bodybuilding event back in 2011 in las vegas she later became an internet sensation getting a whopping 1 4million facebook
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